



Healthy Food Heritages Interview Questions

Hello, my name is _____ and I'm a student at _____. I am learning about healthy food choices from other cultures and regions. I would like to ask you a few questions about food traditions that are special to you and your family.

1. What is a traditional cultural or regional meal that you enjoy?

2. Does your favorite traditional meal include vegetables? Fruits? Whole grains? Low-fat dairy? Protein foods?

3. How is your favorite meal prepared?

4. What is a popular vegetable dish in your culture or region? What are the ingredients?

5. What are popular protein dishes in your culture or region? Do they include nuts, seeds, beans, seafood, eggs, chicken, turkey, or lean cuts of beef, pork, or lamb?

6. Does your family use whole grains such as whole cornmeal, whole-wheat flour, or barley to prepare any traditional dishes?

7. Are there any fruits or vegetables that are eaten widely in your culture or region?

8. Is breakfast customary in your culture or region? What do you most often eat for breakfast?

9. Are there foods available in your culture or region that aren't available or common here? What do they taste like?
